


HEART HEALTH




- ♥ How high cholesterol, high blood pressure, & heart failure develop
- ♥ How to reduce the risk associated with heart disease so you can enjoy a longer, healthier life
- ♥ Tips on how to modify your diet to improve your heart health
- ♥ How to understand nutrition labels & what they are telling you
- ♥ Any questions you have about heart health & heart disease

Date: November 12th, 2019

Time: 5:00PM-7:00PM

**Location: Central Brampton
Family Health Team**

Call 905-456-7111 ext 3 to register



If you, a family member, or someone you know has high blood pressure, high cholesterol, heart failure, diabetes, or other heart disease related concerns, this session is for YOU!

